SENIOR PROGRAMS

General Information

A variety of special trips have been planned for seniors 55 & older. All trips include transportation from the Spring Valley Community Center and entrance fees to the activity.

Upcoming Events: TO BE DETERMINED

Catered Adult Lunches

Meet new friends from all walks of life. Join an active group of retired people 60 years and older for lunch-Monday through Friday at the Spring Valley Community Center. Lunch is offered for a suggested donation of \$3 per person, under 60, \$5. The meals served are complete and nutritionally balanced. The program is open 9:45 a.m. to 1:00 p.m. Monday through Friday. Please call by 2:00 p.m. one day in advance for lunch reservations. For information or reservations, call (619) 337-1425, Monday through Friday.

Lunchtime Activities

Bingo: Mondays & Thursdays 10:30 a.m.

Blood Pressure: 2nd Monday, 3rd Tuesday and 4th

Monday of each month at 10:00 a.m.

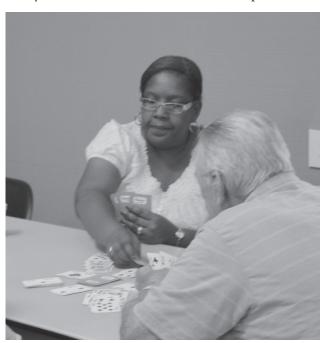
Legal Aid: Call for an appointment (619) 447-7921, 2nd

Monday of each month.

Sing-A-Long: Wednesdays, 10:30-11:15 a.m.

Exercise: Building Stronger Statures! Tuesdays, 11:15 a.m. - 12:15 p.m.

Fridays are reserved for entertainment and speakers.





Spring Valley Branch 836 Kempton Street (619) 463-3006

Youth Programs

2nd & 4th Mondays, 6:30 p.m. Pajama Storytime (All ages)

1st & 3rd Tuesdays, 2:00 p.m. Bilingual Storytime (All ages)

2nd, 4th & 5th Tuesdays, 2:00 p.m. Tuesday Tales (All ages)

Wednesdays, 3:00 p.m. Kids Kraft (Grades 1-5). All materials provided.

Wednesdays, 1:30 p.m. Children's Storytime (Ages 2-5) **3rd Tuesday,** 4:00 p.m. Teen Time! (Grades 6-12)

Thursdays, 10:30 a.m. February, March, May and June Baby Storytime (Birth-18 months)

New Program- **Beginning in February.** 4th Thursday, 2:30 p.m. Puppet Playhouse (All ages)

Family Programs

Mondays, 3:00 p.m. Chess (All ages)

Programs for Adults

2nd Tuesdays, 6:00 p.m. Book Club.

Call library for details.

3rd Fridays, 10:00 a.m. United Through Reading Grandparent Program. Linda Hopkins shows how caregivers can create a "virtual presence" by reading aloud to a loved one on a DVD recording. Bring a favorite book! Appointments are necessary. Call library to schedule an appointment.

2nd Friday, 11:00 a.m. Craft. All materials provided. **February 10, 14, 24,** 12:30-2:00 p.m. Free Parenting Classes. Call library for details.

Special Events- Call library for details (619) 463-3006

February- Black History Month

February & March- Community Read

March- Women's History Month

March 2- Dr. Seuss Day

April- Dia de los Ninos/Dia de los Libros

May- Older Americans Month